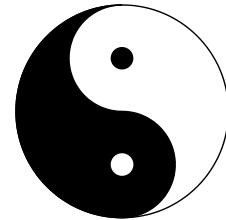


# Dao Yin Yang Shen Gong

The Exercise for Maintaining and Building Health  
The movements of **Bao Jian Gong** by Zhang Guang De

1. Adjusting the breathing
2. Pushing the boat down the stream
3. Carrying the sun and the moon
4. The magpie spreads its wings
5. Lifting the millstone
6. Push the window open, to look at the moon
7. Dusting the feathers, facing the wind
8. The old man strokes his beard



**Preparation before doing exercise:** Stand with feet close together, relax the body. Calm the breathing with thought concentrated. Feel at ease and be well prepared to do the exercise.

## Read silently the exercise formula:

Throw away all the troubles in the stillness of night, Thought on Dantian and seal the orifices you might;  
Breathe gently and connect the bridge magpie, Light as a swallow flying in the sky.

## HAND EXERCISES

1. Gently tap together insides of wrists
2. Gently tap together outsides of wrists, hooked back to back, then swap sides
3. Gently tap outer, "knife-edge" of closed hands
4. Roll in and tap heels of palm and closed hands
5. Roll in, tap together the "Tiger's Mouth" (thumb and index finger area)
6. "Pleased to meet you" - Shaking Hands (tap inside of thumb webs)
7. Lace fingers and gently tap between fingers
8. Gently tap thumb and finger tips
9. Knuckles of one hand, gently knock across other palm, reverse
10. With palms facing you, draw thumb towards wrist, repeat other hand
11. Palm facing away from you, draw fingers towards wrist one at a time, repeat other hand
12. Clench fists and then spread fingers wide



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